



Session 1-3

Due to the fallen nature of mankind, we must be separated from a Holy God. But by His grace and mercy through the sacrifice of our Lord Jesus Christ we are considered to be blameless in His sight once we acknowledge our sin and that He has taken our punishment. Because of His great love for us, He sacrificed Himself for a fallen people so that we could live in eternity with Him.

Scripture focus

Therefore there is now no condemnation for those who are in Christ Jesus, for the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.

For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, and those who are in the flesh cannot please God. Romans 8:1-8

Prayer

Dear Lord, we want to live a life in peace with You. We know that we are sinful by nature and cannot save ourselves. We ask that You give us the grace to set our minds on the Spirit, on the things that are eternal rather than temporary. We thank you that Your great sacrifice has allowed us to live without condemnation, and that we are free from sin and death.

Application to your life

- Verse 2: The law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death
 - Are you living victoriously as though you have been set free?
- Verse 4: so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit
 - What does it mean to walk according to the Spirit?
 - Do you find yourself being led by the Spirit?
- Verse 5: Those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit
 - Have you set your mind on things of the Spirit?
 - How can you tell?

Deeper reflection

- If a follower of Christ has her mind on the flesh rather than the Spirit, what impact on her life do you think that may have?